[9 cont.]

787 Time: Certain hours are favorable for the birth of dreams --especially those when silence is deepest, that is to say, from midnight to early morning and the hour of the siesta (when it is customary to have one).

Among all the months of the year, the month of Nisân (April) is the most propitious, according to a universal belief.

787 Texts to quote: In order to evoke a favorable dream, it is
788 recommended that, before lying down, one quote verses from the Koran, which differ greatly according to the method used;
[779] those of the first holy book, the Fâtiha, are most preferred for this practice. The Souratou el Ikhâssi ("qhoul houe Allahou ahadoun" = There is only one God) is most frequently used, and one must say it seven times.

There are others (for example, "Astâgh firou Allah!" = May God forgive me!) which one must say 100 times.

[776] The nine names of God (El Djabar = The Almighty, El Moukatabir = The Proud One, El Amad = The Eternal One, El Bâtin = The Hidden One, El Kâdir = The Mighty One, El Madjîd = The Illustrious One, El Bourkhân = The Miracle, El Mouktadir = The One for Whom Anything Is Possible, El Rahman = The Merciful) must be repeated 21 times before sleeping.

Various practices: In order to promote favorable dreams, as well as to drive away bad dreams, one observes various rules which differ only in details.

[783] Thus, to execute the practice of listikhâra, one must make his ablutions (following a rigorously prescribed order) and then
[782] his evening prayer. During each rakaa (1), one must say eleven

> 1. Phase of the prayer which involves: 1 standing position; 1 bowing position, the hands on the knees; 2 prostrate positions, the forehead against the ground; 1 seated position.

times (or more, according to the method followed) the verses of Fâtiha and other quotations from the Koran.